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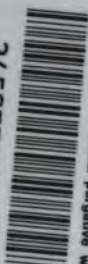
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HUNYA



View of ANDREAS SAXLEHNE

*"Hungary's most important Establi.*

I JÁNOS



**STABLISHMENT near Budapest**  
*in Mineral Waters." (Pester Lloyd.)*





HUNYADI JÁNOS

NATURAL APERIENT WATER.



# HUNYADI JÁNOS

A NATURAL PURGATIVE WATER  
DRAWN FROM SAXLEHNER'S BITTER-WATER SPRINGS  
NEAR BUDAPEST

*'The sovran'st thing on earth'*



HUNYADI JÁNOS



BUDAPEST

ANDREAS SAXLEHNER

1896.

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1896

THE  
HUNYADI JÁNOS

NATURAL APERIENT WATER.

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**INTRODUCTION.**

HUNYADI JÁNOS water has been a household word wherever the sun of civilisation shines, for more than a quarter of a century. This fact in itself is a proof of its superior quality. The law of evolution holds good of mineral waters not less than of organised beings; in the struggle for life only the fittest survive. A worthless thing may be puffed into momentary notoriety, but a lasting reputation is acquired only by genuine merit. On its first introduction Hunyadi János at once took rank as the best among

the waters of its class, and this position it has maintained ever since. Doctors proverbially differ, but when they do agree their unanimity is wonderful, and in nothing is this rare unanimity more strikingly displayed than in the emphatic verdict of approval which has been returned by the medical profession of all countries in regard to Hunyadi János. There is no remedy of its kind can show such an array of scientific testimony of the highest order in its favour; the very leaders in the medical world have borne witness to its supreme excellence. When we find men of such undisputed eminence in their several lines as *Professor Rudolph Virchow (clarum et venerabile nomen)*, *Professor Jas. Moleschott*, of Rome; *Professor von Esmarch*, of Kiel; *Professor Lombroso*, of Turin; *Dr. Chas. Fauvel*, of Paris; *Professor Frederick T. Roberts*, *Dr. Lewis A. Sayre*, of New York; *Professor William A. Hammond*, late Surgeon-General of the United States Army; *Professor von Bamberger*, of Vienna; *Dr. Burney Yeo* referring to Hunyadi János in warm and even enthusiastic terms, nothing more is needed to

show that in point of medicinal properties it must be something quite out of the common. And these are only a few chosen almost at random from among living celebrities; a complete list of those who have spoken in praise of the water would include almost all the foremost representatives of medical science in the Old World and the New. A still more convincing proof of the high estimation in which the Hunyadi János water is held by doctors is that they not only prescribe it to their patients, but they take it themselves, showing a degree of faith in its virtues that they by no means have in all medicines which they use.

Hunyadi János belongs to a class of remedies that are coming more and more into favour with practitioners of the healing art, namely, natural waters holding in solution mineral substances which have a more or less powerful action on the economy. Combined as these substances are in such waters by the chemistry of nature, they are incomparably more effective than when they are mixed in exactly the same proportions by the deftest dispenser. Why this is so we do



not know. There is clearly something in the natural water which eludes chemical analysis as the soul or the vital principle, or whatever you like to call the living force that informs our tenement of clay—eludes the knife of the dissector. *Sir Henry Thompson* by careful evaporation reduced natural mineral waters to their pharmaceutical condition of crystallised salts, and found that they have no more power than similar salts obtained by the ordinary commercial processes and met with in every druggist's shop. He adds, 'There is something, which I do not pretend to explain, and certainly shall not speculate about here, which distinguishes the action of mineral waters from the action of salts which are made by our pharmaceutical processes.'<sup>1</sup>

It has been suggested that the waters owe their peculiar activity to the magnetism and electricity with which they are charged by the earth, in the depths of which they have slowly been, so to speak, matured. Whatever may be

<sup>1</sup> *Clinical Lectures on Diseases of the Urinary Organs*, 8th Edition. London, 1888, p. 333.

the explanation of their immeasurably superior efficacy, there is no doubt at all as to the fact. We have seen that though it is easy to extract the salts which chemically are the active constituents of the waters, it is found that the virtue has to a great extent gone out of them in the dry state. Further, although it is easy enough to make a water which on chemical analysis appears to be absolutely identical, there is something wanting which no art can supply. In a word, to quote *Sir Henry Thompson* once more, 'what are called artificial waters, however admirably prepared, are simply pharmaceutical products, and are destitute of a remarkable quality, which distinguishes them from the remedies they are intended to imitate.' The artificial bears to the natural water the same likeness that a galvanised corpse bears to a living body.

The Natural mineral waters that concern us here are those belonging to the saline purgative group, which have the common and distinctive character that they all contain sulphate of soda (Glauber's salt) in considerable amount in solu-

tion, together with a varying proportion of sulphate of magnesia (Epsom salts), besides less important salts. From the fact of their containing the bitter aperient salt, sulphate of magnesia, these natural purgative waters are known in Germany by the name of 'Bitter Waters'. Of these waters the Hunyadi János water is the type. It is the most concentrated of the whole group, containing, as it does, about  $2\frac{1}{4}$  drachms each of sulphate of soda and sulphate of magnesia in an English pint. Though the strongest in its composition, it is the most pleasant in taste and the gentlest in its operation, facts which show that more of the mysterious quality which makes these waters what they are has gone to the making of Hunyadi János in nature's laboratory than in any other. In it the elements are so kindly mixed as to form a compound of ideal perfection.

Such a water as this—which it is hardly fanciful to call a secretion from the bosom of Mother Earth—deserves special attention from its scientific interest as one of the wonders of nature, not less than for its remarkable action

upon the human frame. In the following pages a short account is given of the history of its discovery, of the place of its origin, of the geological formation of the soil in which it is generated, of its chemical composition, of its physiological action, of its therapeutic effects, and of the conditions in which its use is indicated.

### HISTORY.

Ofen (Buda), on the right bank of the Danube, forming now a part of Budapest, the capital of Hungary, was in old days the seat of a flourishing Roman colony. Aquincum, as it was then called, was celebrated for its hot sulphur springs, which were much used as thermal baths by the Romans. There is no reference to the existence of cold mineral wells in the same region in antiquity; it is not till a period in the middle ages that we for the first time come across the mention of a pool near Budapest whose waters contained sulphate of soda. The exact site of this pool is uncertain, but there is reason to believe that it was in the

place where Saxlehner's springs are now, from which the Hunyadi János water is drawn. The latter dates its formal and public existence from 1863, when a peasant of the district accidentally discovered on his land a spring, which was found to possess all the properties of a natural saline purgative of the most efficient kind. The late *Mr. Andreas Saxlehner* purchased the spring, together with the surrounding land, and named the water derived therefrom Hunyadi János Water, after John Hunyadi, a renowned Hungarian hero of the fifteenth century. Within a few years of its discovery the fame of the new water had spread beyond the land of its birth all over Europe, and it is in common use all over the world.

### **PLACE OF ORIGIN; GEOLOGICAL FORMATION OF THE SOIL.**

The springs yielding the Hunyadi János water are situated in a valley called 'Örsöd', near Budapest.

The geological formation of the soil in which

they take their rise is as follows : — The surface layer, from 3 to 4 feet in thickness, consists of mould and clay, mainly the latter. Below this is a stratum from 3 to 5 feet in thickness, consisting of gravel and sand. Under this again is a stratum of compact impervious blue clay, which extends downwards, as far as can be made out, to a depth of 144 feet. The uppermost of these layers contain a small amount of ordinary potable water dependent on rainfall. The mineral spring is altogether distinct from this and is situated in the stratum of sand and gravel. The impermeable blue clay forms a basis in which the medicinal water is stored and kept from impurity or admixture with foreign matter. The geological conditions of the soil are therefore peculiarly adapted for a reservoir of a mineral water ; they would almost seem to have been designed by nature for the purpose.

The saline character of the water is produced by the action of carbonic acid, evolved from the earth, upon dolomite or magnesian limestone ; this, apparently further changed by

the decomposition of pyrites, trachytes, etc., is the source of the large amount of sulphate of sodium and magnesium which is present in the water, and which gives it its valuable therapeutic properties. The materials from which the constituents of the water are formed exist in the soil from which it takes its rise, not only in immeasurable abundance, but in the proportions most favourable for the particular combination required; hence a supply of the water, practically inexhaustible in quantity and perfectly uniform in quality, may be looked upon as assured for centuries to come. — *Professor von Szabó.*

Hunyadi János water is clear and absolutely free from smell, it is distinctly but not disagreeably bitter, but has no taste of that brackish earthy taste which characterises most natural saline waters. The temperature of the source places it in the heterothermal class; the water varies from 7° C. (—44° F.) in March to 13° C. (—55° F.) in September.

## **COLLECTION AND DISTRIBUTION.**

Mr. Saxlehner's establishment has been a source of prosperity to the place in which it is situated, as well as of health to the world at large. The view from the Dobogó Hill of the Saxlehner bottling establishment, with its numerous and extensive buildings, is one of the sights of Hungary. The foreground of the picture is occupied by the filling house, into which by means of underground pipes the water is conveyed from the wells, which are over 100 in number. The filling apparatus can turn out more than 100,000 bottles a day ready for delivery. The greatest care is taken in collecting and bottling the water, the whole process being carried out entirely by machinery, and every possible source of contamination is most scrupulously guarded against. The bottles, after being filled, corked, capsuled, and labelled, are stored in a large warehouse. From this stock all consignments are made up.



In convenient proximity are the various workshops for the manufacture of the packing cases, etc., and the engine room for the production of electric light, by which the whole establishment is illuminated, and for the supply of all other motive power that is required. All the machinery and the whole plant are of the most modern description, and a permanent staff of some 250 workpeople is employed all the year round.

An outer ring of labourers' cottages, the fire brigade station, and various storehouses, all forming part of the establishment, complete the picture.

A junction railway two miles in length, constructed by the firm, branches off from the main line of the State railways to the filling house and store room, and brings the establishment into communication with the general stream of commercial circulation.

### CHEMICAL COMPOSITION.

Hunyadi János water has been analysed by many chemists of high authority, including several of world-wide reputation, such as *Justus von Liebig*, *Professor Bunsen* of Heidelberg, *Professor Fresenius* of Wiesbaden, and *Professor Ernst Ludwig* of Vienna. The reports of all these distinguished men agree as to the great richness of the water in saline aperient substances, and as to its superiority in this respect to all other waters of the same class. *Liebig's* analysis shows the proportions of the various constituents in 10,000 parts of the water as follows :

Sulphate of magnesia . . .	160·158	parts
Sulphate of soda . . .	159·148	„
Sulphate of potash . . .	0·849	„
Chloride of sodium . . .	13·050	„
Carbonate of soda . . .	7·960	„
Carbonate of lime . . .	9·330	„

Silicious earth . . . .	0·011 parts
Argillaceous earth and oxide of iron . . . .	0·042 „
Carbonic acid, free and in solution . . . .	5·226 „

*Liebig* summed up the results of his analysis in the following words: 'The Hunyadi János water contains more sulphate of magnesia and Glauber salts (sulphate of soda) than any other „bitter water“, and it cannot be doubted that its efficacy is in proportion to this.'

*Liebig's* analysis was confirmed in all essential points by that of *Professor Bunsen*, who wrote: 'I am completely at one with *Liebig* in the opinion expressed by him concerning the Hunyadi János Bitter Water.' *Professor Fresenius's* investigations led him to the same conclusion. In his report, after giving the results of his analysis, which are substantially the same as those already referred to, he says: — 'The Hunyadi János water therefore in respect of the solid constituents in general, and in particular of the sulphate of magnesia and

sulphate of soda which it contains, takes the first place among all bitter waters.' The independent analyses made on behalf of the French Académie de Médecine, without whose sanction no remedy of foreign origin can be introduced into France, shows that its claim to be regarded as a genuine natural water containing the aperient salts and other substances set forth in the German analyses were fully warranted; it was certified to be very rich in mineral constituents, and to contain chlorides and sulphates in very large quantities. A fact of the greatest importance, which is most strikingly shown by the numerous analyses that have been made of the Hunyadi János water at various times is the uniformity of its chemical constitution. On this point the statement of *Professor Ernst Ludwig*, who analysed the water, may be quoted. 'If one compares the results of the older analyses of the Hunyadi János water which have been made during a long series of years by *Liebig, Bunsen, Fresenius*, and others, with the results of my own, it is immediately evident that the Hunyadi János

bitter water throughout this long period of time has maintained on the whole a uniform chemical constitution, that the concentration as well as the relative proportion of the several constituents show only trifling variations, and that therefore the Hunyadi János bitter water of to-day must be credited with the therapeutic properties which have long been observed as belonging to it and which are universally acknowledged. As has been pointed out, the loving care which Nature herself appears to take in the preparation and safe-keeping of the water gives us the assurance that its quality will not change for the worse.

### PHYSIOLOGICAL ACTION.

The physiological action of Hunyadi János waters depends mainly upon the sulphate of magnesia and sulphate of soda which they contain. As is well known these salts have a powerful effect on the mucous membranes of the stomach and intestines, which they stimulate to increased action, producing a more or less

profuse flow of thin watery secretion. In small doses, as, for instance, if a wine glass or half that quantity is taken at night before going to bed, one or two pultaceous dark-coloured motions are passed without griping or pain in the following morning. The excretion of urine is not increased, but rather slightly diminished. Appetite is improved, and absolutely no ill effect is produced on the general health.

In large doses, as, for example, when one or two wine glasses are taken daily in the morning on an empty stomach, the water as a purgative stimulates the peristaltic movement of the intestinal canal to a very marked degree, increasing the amount of liquid in the bowels, and producing four to six evacuations at first semi-solid, afterwards watery, but all passed without pain. The purging is followed by a feeling of lightness and bodily well-being. The increased action of the intestine has the effect of stimulating the process of metabolism throughout the body. Waste matters are removed and are not allowed to reaccumulate. The increased activity of tissue changes may lead to



some slight loss of weight, but unless the Hunyadi János water is taken in excessive amount or for too long a time, its use does not disorder the digestion or the general health.

### **THERAPEUTIC ACTION.**

The therapeutic uses of Hunyadi János water can readily be deduced from what has been said of its physiological action. They may be summed up under the following heads:

1. **Purgative.** — By stimulating the intestine to increased secretion of fluid and by exciting the muscular coat of the bowel to more vigorous action, the water ensures the complete emptying of the intestinal canal. It keeps the *primae viae* clear, preventing constipation and faecal accumulation with its train of attendant evils—re-absorption of poisonous matters, disorder of the digestive function, anaemia, incapacity for exertion of any kind, bodily or mental, hypochondriasis, melancholia, and it may be more violent forms of madness.

2. **Derivative.** — By the amount of water

which it withdraws from the blood, it relieves plethora, which an old physician without much exaggeration called 'the mother of all diseases.' This it does without in any way deteriorating the quality of the vital fluid. Hunyadi János water is therefore indicated in all congestive states of the system or any of its individual parts. Its therapeutic action in fact is exactly that of bleeding, which is unquestionably of the greatest advantage when properly used. By means of Hunyadi János water, however, all the good effects of bleeding can be obtained without any of its disadvantages. It reduces vascular tension and restores the balance of the circulation, draining away excess of blood where there is engorgement, and quickening the flow of blood where there is any tendency to stagnation. It is not too much to say that its use is indicated in one stage or another of nearly every diseased condition to which the human body is liable, as *Dr. Alison* most truly says: 'There is probably no kind of diseased action of which any part of the living body is susceptible which is not connected, sooner or later, with increased



afflux of blood towards that part, either as its cause or its effect; and the immediate object of all our most powerful remedies is to act on these irregularities of the circulation.' In correcting such irregularities Hunyadi János water finds one of its most useful applications, and a special advantage of it is that it can always be employed as an auxiliary to remedies acting more directly on the vascular system.

3. **Antiphlogistic.** — By its depleting action Hunyadi János water reduces inflammation when present, and may prevent it when it is threatening. Hence it is beneficial in respiratory diseases, such as bronchial catarrh, pneumonia, pleurisy, inflammation of the liver, stomach, and other abdominal and pelvic organs, commencing peritonitis, inflammatory affections of the eye, skin. etc. It is a valuable 'cooling medicine' for infants.

4. **Metabolic.** — The use of Hunyadi János water is indicated in all conditions in which the great vital processes of assimilation of nourishment and removal of refuse matters are inefficiently or wrongly performed. Hence it

is indicated in cases of accumulation of fat, whether general or local; in indigestion, gout, rheumatism, gravel, and generally in the ill-defined forms of constitutional derangement, conveniently designated as 'torpidity of the liver' and the 'uric acid diathesis.'

### CONDITIONS IN WHICH IT IS USEFUL.

The therapeutic action of Hunyadi János water having been described in general terms, its uses in particular conditions of ill-health may be briefly indicated.

**Constipation.** — In Hunyadi János water we have a natural remedy for constipation which fulfils in the most satisfactory manner the conditions of a perfect medicine: it acts speedily, safely, and pleasantly. It may be added that it is certain in its action. If it did nothing else than this it would still deserve to be regarded as one of God's best gifts to man, for constipation is the root of a very large part of the disturbances to which the human micro-

cosm is liable. Its effects are not confined to the body; it clogs the wheels of the whole machinery of life, mental and moral, as well as physical. It is responsible for an incalculable amount of the sin, savagery, and superstition that still survive even in princes, priests, and philosophers. The periwigged pedants made immortal by the genius of Molière, with their eternal '*Purgare, ensuite, seignare*,' doubtless carried the doctrine of evacuation to the point of fanaticism; but their practice, mischievous and even murderous as it may have been, was founded on a sound principle. We have the testimony of *Sir Thomas Watson* to the fact that *John Abernethy*, who treated all diseases with blue pill, did a world of good with that simple specific. It is equally certain that he must also have done a good deal of harm. Had he known Hunyadi János water he would have done infinitely more good than he did without doing the slightest harm to the most delicate of his patients.

Constipation is not only an evil in itself, but it aggravates any other morbid condition that

may exist. The intestine becomes overloaded distended, paralysed, and finally blocked by retention of its contents. Neighbouring organs are pressed upon, with the result that the intestine itself, the stomach, the liver, the spleen, and in women the uterus and its appendages are congested, sometimes blood-logged, and always more or less disordered in function. Blood vessels are also pressed upon, so that both the supply of pure and the return of impure blood are interfered with. The effects of constipation thus make themselves felt throughout the system, and if there be already a general predisposition to congestion, as in persons of a full-blooded habit or a like tendency in some particular organ, as the lung, the brain, etc., this will be greatly aggravated. If there be brittleness of arteries from any cause, or aneurysm, or heart disease, constipation may lead to serious and even fatal consequences, either by the hindrance to the circulation which it produces or by the straining at stool which it involves.

These are the mechanical effects of consti-

pation; there are also others, due to what may be called a chronic poisoning of the system by the retained matters. The whole digestive apparatus is thrown out of gear; there is a bad taste in the mouth; the breath is foul; the tongue is swollen and tender: there is an utter want of appetite; a vague but most distressing feeling of discomfort, often accompanied by headache or dull aching pain in other parts, is complained of, an overpowering languor makes the muscles limp and weak, and there is a miserable sense of unfitness for the battle of life. The patient, like Macbeth, begins to be aweary of the sun, and he is still more weary of himself. The mass of decomposing materials in the intestinal canal is a favourable breeding-ground for microbes, and the constitutional depression greatly lessens the natural power of resistance to infection. Sometimes faecal matter seems to be absorbed to some extent into the blood, the complexion acquires an unwholesome yellowish tint, and the sufferer's person emits a disgusting odour. *Sir Andrew Clark* held that constipation leading to absorption of faecal

matter was the cause of chlorosis. Although the explanation has been disputed, it is certain that constipation is one of the most troublesome symptoms of chlorosis, and it can readily be understood how much this must tend to the further deterioration of the sufferer's health.

Whether constipation be due to atony or lack of contractility power on the bowel, or to deficiency of the fluid secretion which in the normal state softens the faeces and facilitates their passage, Hunyadi János water will be found efficient. It has the great advantages that it acts gently as well as quickly, that a small quantity is sufficient to produce a satisfactory result, that it does not gripe, that it does not disorder the stomach even in patients of weak digestion, and that it does not cause nausea or squeamishness, and — last, but not least — that its use is not followed by further constipation. Unlike many aperient remedies, the dose does not require to be increased as the system gets accustomed to it. Indeed, the opposite is the case; as *Sir Henry Thompson* has pointed out, the action on some is such that the longer the



'bitter water' is taken the smaller is the quantity necessary to attain its object. Another important point that the Hunyadi János water, unlike more drastic purgatives, has, is that it has no debilitating or depressing effect.

Among the testimonies to the value of the water as an aperient may be cited the following: —

*Professor Rudolph Virchow* writes: 'I have always used your Hunyadi János bitter water with good and prompt result. I consider it to be a very valuable element of the balneological therapeutic arsenal.'

The late *Professor Moleschott* of Rome, the renowned physiologist, wrote: 'For about ten years I have been in the habit of prescribing Hunyadi János water when a purgative, quick, safe, and moderate in action is indicated.'

The celebrated *Professor von Bamberger*, of Vienna, has declared: 'I have prescribed Hunyadi János with marked success in all maladies in which the use of an aperient water is indicated.'

*Professor Árpád Bókai*, of the University of Budapest, writes: 'Owing to its always uni-

form composition the Hunyadi János bitter water acts in a most reliable manner, and therefore deserves particular attention in the medical practice.'

*Dr. Frederick T. Roberts*, Professor of Medicine, University College, London, and Physician to University College Hospital, writes: 'The clinical inquiry which I have conducted with reference to the action of the Hunyadi János water has convinced me that it constitutes a most valuable addition to the list of aperient mineral waters at present in use. It produces its effects speedily and surely, without causing the slightest discomfort, and the gentle action which it excites seems to be kept up for some days.

'I have found this water highly efficacious, not only as an ordinary aperient, but also in cases of obstinate, habitual constipation.

'One great recommendation is, that the *taste* of the Hunyadi János water is much pleasanter than that of the other waters of this class, and it does not leave any disagreeable flavour behind.



‘My firm opinion is that, when the merits of this water are more widely known, it will be largely employed in this country.’

*Dr. Burney Yeo*, Physician to King’s College Hospital, and author of ‘A Manual of Medical Treatment’ and other works, writes: ‘It is an efficient and agreeable laxative.’

*Dr. Hermann Weber*, Consulting Physician to the German Hospital, London, and author of ‘On the Curative Effects of Baths and Waters’, writes: ‘The Hunyadi János waters are, in fact, the richest bitter waters we know.’

*Dr. William A. Hammond*, New York, Professor of Diseases of the Mind and Nervous System in the University of the City of New York, writes: ‘The Hunyadi János water is, according to my experience, the most pleasant and efficient of all purgative mineral waters, and I have no hesitation in recommending it to the medical profession.’

*Professor Franz Müller* of the University of Graz, writes: ‘I have prescribed Hunyadi János Water for many years past in suitable cases, especially in congestion, apoplexy and other

diseases of the brain, and have had every reason to be pleased with its mild and speedy action and its freedom from all disagreeable after-effects. These qualities in my opinion secure for it the foremost place among Bitterwaters.'

*Professor Fraentzel*, of the University of Berlin, and Physician to the Charité Hospital, writes: 'I have used the Hunyadi János bitter water for many years as a certainly acting aperient even in small doses.'

*Professor von Esmarch*, of the University of Kiel, writes: 'I have frequently used Hunyadi János bitter water in my practice and I have observed that even in moderate doses it produces the required effect most speedily and certainly.'

**Torpidity of the Liver.** — The liver, like charity, covers a number of sins. Whether it is really answerable for the various uncomfortable sensations and disorders of health which are attributed to it need not be discussed here; at any rate it is a convenient scapegoat. Although we do not know exactly that certain symptoms indicative of defective assimilation on the

part of the organs associated with or forming part of the *primae viae* are due to torpidity of the liver, it is certain that treatment directed to the rectification of this supposed condition has the effect of removing them—and for practical men that is sufficient. Most people past their first youth know what the symptoms of torpidity of the liver are. The impaired appetite, the slow or uneasy digestion, the hot hands, the dry lips, the furred tongue which abhors the usually welcome 'weed', the internal discomfort, the pale stools, the headache, the backache, pains in the limbs, the general heaviness, the jaundiced outlook on life—have not most of us been in the Slough of Despond at some time or other? Many people are subject to a kind of general revolt of the gastrointestinal system at longer or shorter intervals; we call these disturbances 'bilious attacks,' but what they really are is not exactly known; at any rate *Professor Gairdner* of Glasgow some years since put this conundrum to the profession, 'What is a bilious attack?' and no one has yet found the answer. Again, what is called

inactivity of the liver often has at the bottom of it the tendency to overproduction of uric acid, which leads on the one hand to gravel, and it may be to stone, and on the other to 'sick headache,' acidity, gout rheumatism, and chronic disease of joints, entailing not only pain and deformity, but disability. Now for the prevention of these conditions there is nothing like Hunyadi János Water. *Sir Henry Thompson* regards the natural mineral waters of which it is the type, as 'greatly superior' in conditions characterised by unduly large formation of uric acid and other urinary salts, to taraxacum, nitric acid, alkalies, and the other substitutes, as they have been termed, for mercurial remedies, in promoting the function of the liver. 'Torpidity of the liver' and 'bilious attacks' alike yield to the judicious use of Hunyadi János water. This remedy has a marked effect in relieving congestion of the liver; by its depleting action it also reduces inflammation of that organ. It also stimulates the secretion of bile, and thus generally assists digestion.

Among those who have borne testimony to the excellent therapeutic effect of Hunyadi János water in cases in which an efficient purgative which can be taken regularly without disadvantage, are the following past and present celebrities of the medical world: — *Otto Kahler*, *Von Stoffela*, *Neusser*, *Professor Bamberger* of Vienna, *Cantani* and *De Renzi* of Naples, *Mantegazza* of Florence, *Maragliano* of Genoa, *Vanlair* of Liège, *Judson Daland* of Philadelphia, *Kétli* and *F. Korányi* of Budapest, *Fürbringer* of Berlin, *Von Nussbaum* of Munich, *Wunderlich* of Leipzig, and many others.

**Dyspepsia.** — One of the difficulties in dealing with dyspepsia is that drugs, whatever good they may do in relieving one particular symptom, almost immediately have the effect of disordering the digestion still more. Anyone who has taken the blue pill or calomel, so dear to all English doctors of the older school, must have a lively recollection of the wretched feeling of squeamishness, depression, and downright illness caused by the medicine until it had worked itself off. Moreover, neither in the case of mercury, nor of

any of the really active aperient remedies in the Pharmacopoeia, is the 'working off' accomplished without much travail and suffering, ending in weakness and more or less prostration. The irritation caused by these drastic purgatives is sometimes extreme, causing intense redness, inflammation, and even ulceration of the walls of the intestine. Hunyadi János water produces a much greater ultimate effect by much gentler means. The difference may be illustrated by the pretty fable of contest between the north wind and the sun, as to which would soonest strip a man of his cloak. The wind blew with all its strength, but the man only wrapped his cloak more tightly round him; then the sun shone upon him, and soon the man took off his cloak. Hunyadi János water is like the sun; it does its beneficent work not by violence, but, so to speak, by persuasion. It is useful, not only in disorders of the stomach itself, but in acute or chronic gastro-intestinal catarrh, whether arising from over-eating, from error in diet, from the abuse of liquors, especially beer, or other causes. Acidity, heartburn, water brash, flatu-

lent distension, discomfort and pain after meals, nausea and 'biliousness,' are all indications for the use of Hunyadi János water.

*Professor von Nussbaum*, of the University of Munich, writes; 'Of all known bitter waters, that of the Hunyadi János spring undoubtedly ranks foremost. It is efficacious in very small quantities.'

*Professor Massalongo* of Verona writes: 'No natural purgative water can boast the world-wide reputation or the therapeutic triumphs of Hunyadi János. It is the most popular remedy known to medical science.'

*Professor Zdekauer* of St. Petersburg writes: 'Of all bitter waters known to me it is undoubtedly the most efficient. It may be used with great success and for a sufficient time against congestions both of the chest and head, against habitual constipation, liver complaints, obesity, haemorrhoids, abdominal plethora.'

**Haemorrhoids.** — Piles are generally associated with so-called 'obstruction of the liver,' with a congested condition of the abdominal or pelvic viscera, or with pressure on the large

blood vessels in the abdominal cavity, as by the pregnant uterus, tumours, etc. The rational treatment is therefore to remove the cause of the damming back of the blood in the lower bowel when that can be done, and in any case, as far as possible, to relieve the congestion. Drastic purgatives only make matters worse owing to the straining which they cause; yet it is imperative to prevent constipation, which will interpose a further obstacle to the return of blood from the rectum, and thus increase the mischief. In these circumstances Hunyadi János water is most efficient; by its gently laxative action it empties the bowel without strain; it softens the motions so that there is no risk of any hard lump causing pain, bleeding, or excoriation as it glides over the swollen and sensitive mass; and it causes a certain amount of local depletion, thus reducing tension in the piles and preventing their becoming inflamed. In such cases the *regular use of small doses* will often effect a cure.

*Professor Mikulicz* of Breslau writes: 'During the recent years I have been using



severally the Hunyadi János bitter water, and am highly satisfied with the quick and mild action of the same.'

*Professor Müller* of Budapest writes of it as 'A gentle aperient, without any evil accompaniments.'

**Obesity.** — Falstaff's plea that as he had more flesh he had more frailty than other men, expresses a pathological truth. Fat has its uses, but when in excess it is not only a parasite feeding at the expense of the organism, but a disease. Further, it is a disease of such gravity that he that is afflicted herewith is always in danger in literal truth of dying 'of his own too much.' The various methods of treatment that have been proposed, though differing on other points, all agree on this, that a free action of the bowels must be maintained. Here again, however, drastic purgatives will do harm, especially as in obese persons the heart, like other muscles of the body, is loaded with a deposit of fat that more or less hampers its action. Anything likely to cause depression is likely to the same extent to weaken the heart, and violent purging

is therefore hurtful and indeed positively dangerous in such cases. A gentle laxative like Hunyadi János water is the best remedy for the purpose, all the more that it can be used regularly for long periods at a time without risk of any ill effect. With Hunyadi János water; appropriate diet, and exercise judiciously adapted to the patient's strength, fat can be reduced to the physiological standard by easy degrees without damage to the constitution. Hunyadi János water appears to have a special action on fat whether distributed over the whole body or heaped in particular parts, or deposited in certain organs such as the liver. *Dr. Seegen* thinks that sulphate of soda has quite a specific action in these anomalies of nutrition. It would of course be absurd to say that Hunyadi János water causes 'too solid flesh to thaw and resolve itself into a dew,' but whatever may be the exact mode of its action there is no doubt as to the beneficial effect it has in the reduction of obesity.

*Professor Enrico de Renzi* of Naples writes :  
'Hunyadi János water produces its purgative

effect without irritating. I employ it very largely in general adiposis, and all these various affections now grouped together under the category of arthritism.

**Diseases of Women.** — The most common disease of women is pregnancy, which has been well called 'an illness of nine months' duration.' Throughout the whole period of gestation, but more particularly in the later months, the most careful attention to the bowels is necessary, but it is wonderful how neglectful many ladies are on this point. Yet Nature cannot safely be left to herself in the circumstances, at least under the condition of civilised life. Anything like purging is likely to lead to serious trouble, possibly even to the disappointment of natural hopes. What is wanted is a mild laxative that will keep the bowels clear without exciting violent movements, either of the intestines themselves or of the muscles of the abdomen. The exigencies of the situation are satisfactorily met by the Hunyadi János water, which may be used in doses small but sufficient for the purpose *regularly* throughout pregnancy without the

slightest risk to the expectant mother or the precious freight she carries within her. In the congestive conditions of the pelvic organs which almost invariably accompany uterine or ovarian disease, and in the 'flushings,' and other vaso-motor disturbances and irregularities of the circulating and nervous systems to which women are subject at the critical period of the 'change of life,' Hunyadi János water has been found most beneficial. It is also useful in checking the secretion of milk in women who cannot nurse their babies, or in whom lactation must for any reason be stopped. A few testimonies from eminent specialists in the diseases of women are appended.

The late *Dr. Marion Sims*, formerly Consulting Surgeon at the Women's Hospital, New-York, wrote: 'As a laxative I prefer the Hunyadi János to any and every mineral water, and for the following reason: The dose is small; the taste is not unpleasant; it acts promptly: it does not oppress the stomach; it does not gripe; and it is efficient.'

*Professor Schauta* of Vienna writes: 'For

many years I have used the Hunyadi János bitter water, and I have found it very efficient in suitable cases.'

*Professor C. Braun von Fernwald* of Vienna writes: 'I certify that for many years I have been in the habit of prescribing the well-known Hunyadi János water of Saxlehner, and I have been satisfied with the prompt and sufficient effect thereof.'

*Professor von Helly* of Graz writes; 'I have prescribed the Hunyadi János bitter water for many years not only in hospital but in private practice, and I have been entirely satisfied with its effect in suitable cases.'

*Professor Scanzoni* writes: 'It gives excellent results. Such is my experience of the Hunyadi János water, which I universally prescribe whenever indicated.'

*Dr. Fordyce Barker*, New-York, Professor of Clinical Midwifery and Diseases of Women, Bellevue Hospital, New-York writes: 'I have for some time advised the use of the Hunyadi János water as an aperient for my gynaecological patients, and I have found that it requires

a less quantity, and that it less disagreeable to the taste; less unpleasant in its efficient action, and more certain as an aperient than any of the waters that I have before been accustomed to prescribe.'

**Diseases of Children.** — Hunyadi János water is especially suited as an aperient for children. As a remedy for the constipation which is often the source of so much trouble in infancy it has no superior; it can be given to the very youngest babe without risk, and in addition to its action on the bowels, it has a soothing and cooling effect. In the disturbances which accompany teething its use is especially indicated.

*Dr. Escherich*, Professor of Diseases of Children in the University of Graz, writes: 'Small doses of the Hunyadi János bitter water can be given to older children in response to the same indications, and with just as excellent effects, as in adults.'

*Dr. Kassowitz*, Professor of Diseases of Children in the University of Vienna, writes: 'I use Hunyadi János bitter water in children's

diseases in suitable cases with the best results.'

Similar testimony is borne by *Professor von Widerhofer* and *Alois Monti* of Vienna, and by many other specialists in this line of medical practice.

**Diseases of the Heart and Circulation. —**

Hunyadi János water is *the* aperient for cases of weakness or actual disease of the heart or great vessels (atheroma aneurysm). In such conditions constipation is a serious danger to life, as straining at stool may cause stoppage of the heart or rupture of a vessel brittle from degenerative changes in its walls, or thinned and weakened by distension. The water is also extremely useful in the irritable condition of the heart which is frequent in young people of both sexes at the time of puberty, and which manifests itself by palpitation, headache, bleeding at the nose, oppression at the pit of the stomach, and constipation.

*Professor Oehl*, of the University of Pavia, writes of it as 'The best aperient. It acts promptly and gently.'

*Professor S. Ribbing* of Lund writes :  
'During many years I have been employing in suitable cases Saxlehner's bitter water (Hunyadi János), and have been particularly satisfied with the efficacy of the same.'

**Diseases of the Respiratory Organs.** — In all congestive and inflammatory affections, whether acute or chronic, of the larynx, bronchial tubes, and lungs, Hunyadi János water is very useful as a derivative, and in acute cases also as an antiphlogistic. The water is also useful as an auxiliary means of treatment in pleuritic and other serous effusions.

**Diseases of the Brain and Spinal Cord.** — In chronic diseases of the brain and spinal cord habitual constipation is a frequent complication, owing to disorder of the nerves regulating the functions of the intestine. Hunyadi János water has the special advantage in such cases that it can be used regularly for an indefinite period without causing weakness or other injurious effect. Wherever there is a tendency to cerebral haemorrhage it is particularly useful. The regular use of Hunyadi János water is to be



recommended to all persons of an apoplectic habit, as in such cases a blood vessel in the brain may easily give way under the extra strain caused by increased tension of the vascular system or by effort to empty the bowel.

*Professor Enrico Morselli* of Genoa writes: 'For many years I have had opportunities of testing the excellent action of the Hunyadi János water, in many cases both of mental and of other diseases, and I am making a most extensive use of the same.

'In particular I am using it whenever it is required to regulate the blood circulation in the nervous centres, and I frequently obtain thereby remarkably favourable results in the congestive stages of meningitis, in cases of alcoholic pseudo-paralysis, and, generally speaking, in all cases in which a hyperaemical condition of the brain and of its membranes can be supposed.'

**Mental Diseases.** — Mental derangement is often accompanied, especially when the cloud at first no bigger than a man's hand begins to spread over the intelligence, by constipation of

the most obstinate character. This is the cause of grievous suffering to the unfortunate patient. Fæcal accumulation not infrequently causes delusions, which are dispelled by a purgative that clears out the intestinal canal. In all forms of disease of the mind regulation of the bowels is an important part in the treatment. Hunyadi János water is of special usefulness in the treatment of mental diseases, as many experts in lunacy have testified. In his 'Textbook of Pharmacology' *Professor von Schroff* says: 'I have convinced myself of the extensive utility of bitter waters in the treatment of mental diseases during my practice in the asylum at Prague, where I introduced the use of the remedy.' Testimony to the value of Hunyadi János water in this department of practice is borne by other physicians of large experience in the treatment of insanity. Among them are *Professors Krafft-Ebing* and *Moriz Benedict* of Vienna, *Lombroso* of Turin, *Morselli* of Genoa, and many others of equal reputation.

**Diseases of the Eye.**—In all inflammatory affections of the eye aperient medicine is an

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essential adjunct to local treatment. If free evacuation is produced at the outset, the inflammation is frequently cut short. The aperient and depleting properties of Hunyadi János water are particularly useful in such cases.

Among the ophthalmologists of recognised reputation who have testified to the usefulness of Hunyadi János water are *Professors Stellwag von Carion, Von Reuss* and *Bergmeister* of Vienna, *Von Czermak* of Innsbruck, *Cohn* of Breslau, etc.

**Diseases of the Skin.** — In skin affections of an acutely inflammatory type, as in some forms of eczema, erythema, pemphigus, etc., the use of Hunyadi János water will not only help in subduing the inflammation, but will soothe the nervous irritability that generally accompanies it. In the case of urticarial and other eruptions caused by shell fish and other irritant or poisonous substances which have been taken into the stomach, Hunyadi János water should be freely used to clear out the offending material from the alimentary canal.

The good effects of the water have been

testified to by dermatologists of such distinction as *Dr. Unna* of Hamburg, *Professor Kaposi* of Vienna, *Schwimmer* of Buda-Pesth, *Barduzzi* of Siena, *Oltramare* of Geneva, etc.

**Urinary Diseases.** — One of the most common disorders of the urinary organs is an unduly large formation of urinary salts. The true rationale of this, according to *Sir Henry Thompson*, is that the liver or some allied organ not doing its duty as an excreting organ, the kidneys have more work than is natural thrown upon them. In these circumstances uric acid may be deposited either in the kidney or in the bladder; and if this state of things is allowed to continue the result is a stone, renal or vesical. The true remedy for this is to quicken the liver or whatever organ it may be that is shirking its work into activity, and for this purpose there is nothing better than Hunyadi János water, which if properly used will relieve the symptoms and prevent the formation of a calculus.

**Dropsical Affections.**—Saline aperients are among the recognised remedies in all dropsical

affections. Hunyadi János water should therefore always be used in these circumstances.

**Fevers.** — In all febrile conditions, and especially in acute forms, Hunyadi János water will be found most useful as an evacuant, being effective without depression. In the treatment of intermittent fever, and particularly of the gastric catarrh, and enlargement of the liver and spleen that are common sequels of malaria, Hunyadi János water is especially valuable. A very convincing proof of this is the large sale which it commands in malarial districts.

**Gout and Rheumatism.**—In many cases of gout and rheumatism, and in all conditions in which excessive production or imperfect elimination of uric acid plays a part, Hunyadi János water is an excellent remedy, which may be used freely without fear of doing harm.

*Professor L. A. Sayre*, Surgeon to Bellevue Hospital, New York, writes: 'I have used the Hunyadi János water in many cases of the rheumatic and gouty diathesis with very marked benefit. In cases accompanied with great obesity I prefer it to any other laxative.'

### MODE OF USE.

In the conditions that have been mentioned Hunyadi János water is given in medium and small doses (from a tablespoonful to a tablespoonful and a half—rarely a wineglassful), once or twice daily or on alternate days, according to the disease and the individual. It is generally given at bedtime or in the morning before meals, more rarely once in the course of the day; it should not be too cold, but should have a temperature of 10° to 15° Réaumur (48° to 50° Fahr.). It is sometimes used for a fixed period (three, four, or five weeks), the diet being specially regulated, and the quantity of the water gradually increased from the beginning and decreased towards the end, or less systematically during an indefinite period, and without any change of diet or mode of living.

There is probably no other bitter water which can be so pleasantly used in the con-

ditions above mentioned at any time of the year, even in winter, which produces such favourable results as the Hunyadi János water. The nature of each individual case must show whether the patient should undergo a regular or a less systematic course of treatment with the Hunyadi János bitter water. The use of the water may, as has been already stated, be continued for some time without the least injury.

**Prevailing Complications.**—In certain acute conditions in which a speedy and yet gentle purgative is required to ward off imminent danger, as in threatened cerebral or pulmonary hæmorrhage, in pulmonary oedema, in commencing inflammation of the meninges, in inflammation (except those of the bowels and kidneys), in gastric and intestinal catarrh, commencing with constipation, etc., especially in strong and full-blooded persons, a more liberal use of Hunyadi János water is necessary. In these cases it must be given in larger doses (a wineglass or tumblerful in the morning, before meals, and, if necessary, repeated once in the course of the day). In these doses its administration pro-

duces several actions of the bowels without being followed by congestion of the gastrointestinal canal, or as a rule by colicky pains.

### **PRACTICAL CONCLUSIONS.**

To sum up: Hunyadi János water has now been tried by millions of human beings for more than a quarter of a century, and has not been found wanting. The unanimous opinion of the medical profession pronounces it to be the very best of the natural mineral waters possessing aperient properties, and this judgment has been fully ratified by the public throughout the world. It is universally recognised as the best remedy for chronic constipation, disorder of the liver, biliousness and indigestion; sure, swift, searching, yet safe, and in every way salutary: it is the soveran'st thing on earth for the gouty and other victims of uric acid, for those who are given to dining not wisely but too well, and for those who may sometimes look too lovingly on the wine when it is red, and peradventure also when it is white.



Hunyadi János may be called the friend of the diner-out. For persons given either by occupation or infirmity to a sedentary life the water is simply invaluable. In the old phrase it 'disoppilates the spleen,' carrying off the hurtful matter that would else accumulate in the system and cause disease, and exorcising the demons of ill-temper, discontent, despondency and despair.

The busy man who has to catch his train in the morning can take a dose of Hunyadi János overnight without fear; it will produce the desired effect before he starts, and give him no further trouble. The great and particular merit of this admirable product of nature's laboratory is that, unlike other purgatives, it brings about reform without revolution. It can be used without risk by the most delicate, by the youngest child, and the oldest man or woman.

It is not claimed for Hunyadi János water that it is a panacea; but it is a necessary complement of most other remedies. It does not cure all diseases, but it cures that which is the cause of many diseases and a distressing symptom of more, the imperfect removal of waste

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matters from the system. Hunyadi János water is therefore a necessity of healthy life, and the need for it is universal. What the humble necessary dustman is to the dwelling in which we live, that Hunyadi János is to the house not made with hands, which is the local habitation of the human spirit.



# **SOME EXTRACTS**

## **FROM THE MEDICAL PRESS.**

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The Cincinnati LANCET-CLINIC of May 20, 1896 :

‘At this season of the year, when saline aperients are so frequently in demand for clearing out any irritating matter that may lodge in the alimentary canal, Hunyadi János Water is one of the most effective.’

The ‘AMERICAN MEDICO-SURGICAL BULLETIN’ of June 13th/1896 writes about Hunyadi János as follows, viz :

‘This natural water is largely prescribed by physicians every where, owing to its richness in aperient salts. It is a trustworthy agent, and is more agreeable to the taste than most of the other saline waters. It is useful in cases of sluggish action of the intestines, when taken fasting about one hour before breakfast, in relieving the incident depression. Its action being gentle and unaccompanied by inconvenience makes it a valuable household remedy.’

## THE LANCET, London :

'Hunyadi János.' — 'Baron Liebig affirms that its richness in aperient salts surpasses that of all other known waters.'

## BRITISH MEDICAL JOURNAL :

'Hunyadi János has established itself in favour with leading physicians and therapeutists of every country, whose testimonies bear witness to its action as a speedy, sure, and gentle aperient for ordinary use ; it is remarkably and exceptionally uniform in its composition.'

## THE PRACTITIONER, London :

'This product of nature's pharmacy has for many years held a place in the very front rank of natural saline waters.'

'We have found that in the treatment of constipation, from whatever cause arising, Hunyadi János fulfils the requirements of an efficient remedy, in that it acts *cito, tuto et jucunde*. The water appears to us to be particularly indicated in cases of gouty and uric acid diathesis, and in congestive conditions of the pelvic, abdominal, and other organs. The gentleness of its action makes it especially suitable in the constipation of pregnancy, and in cases of cardiac weakness or vascular disease. In short the peculiar virtue of Hunyadi János water is that it depletes without depressing.'

## MEDICAL PRESS AND CIRCULAR, London :

'Hunyadi János is certainly the best known, and in our experience, the most trustworthy of the Hungarian laxative mineral waters. Taken in the morning, either pure or diluted with hot or cold water it produces a copious evacuation without leaving behind it any intestinal discomfort or exhaustion.'

## The 'GAZETTE MÉDICALE' de Paris :

'Every person who makes regular use of Hunyadi János water, is thereby protected against coli-bacillosis : — this is a matter of actual observation. It will be in vain that certain Hungarian springs which have just come to light, seek to benefit by the old-standing reputation of their precursor. *Ars tota in observationibus* : nothing serious is ever achieved in therapeutics save by the aid of time and experience.'

## The 'GAZETTE DES HOPITAUX', Paris, writes :

'Experience has clearly proved that we cannot habitually resort to saline purgatives without the risk of inducing disturbances of digestion and organic debilitation ; Hunyadi János, on the contrary, presents none of these dangers. Its action is not productive of disturbances and it is well borne by our economy, facts which are worthy of note, in respect of a treatment destined as is the purgative medication, to extend over long periods of time.'

The 'REVUE DE THÉRAPEUTIQUE MÉDICO-CHIRURGICALE', Paris, writes :

'If we only consider the number and the volume of the evacuations, the duration of the cathartic action and the special characters of the induced stools we shall at once recognise the advantages which the Hunyadi János mineral water possesses over all artificial and even over similar natural products.'

'Dralytic purgative par excellence it never gives rise to gastric intolerance or to painful intestinal reaction for the simple reason that it is eliminated with such exceeding ease.'

The 'PROGRÈS MÉDICAL', Paris, writes :

'Nothing can be justly compared with the nutritive and regenerative effects brought about by this purgative water, which is eminently absorbable and the curative effects whereof appear to penetrate even the finest capillaries of the interstitial circulation, causing them to disgorge their morbid elements and promoting molecular interchanges tending to the purification of the tissues and to the normal renovation of their anatomical constituents.'

'JOURNAL d'HYGIÈNE', Paris :

'It is hardly necessary to mention the physical properties which render these waters more agreeable to the taste than their congeners. They may be given in much smaller doses though producing more rapid effects or results, without undue fatigue and without appreciable discomfort.'

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‘GAZETTE DE GYNECOLOGIE’, Paris :

‘Under the influence of the powerful derivative effects produced by the daily use of this water, visceral congestion is overcome in persons who suffer from obstinate constipation.’

‘ALLGEMEINE

WIENER MEDIZINISCHE ZEITUNG’, Vienna :

‘There are so many ‘Ofen’ or ‘Hungarian’ bitterwaters, of the most variable quality, that it appears indispensable to distinguish between them and to select a recognised brand.

Our experience of the use of bitter waters of this class enables us to assert that Saxlehner's Hunyadi János water, in virtue of its remarkable mildness and uniformity of action, presents advantages which render it preferable to all others’.

THE ‘INTERNATIONALE

KLINISCHE RUNDSCHAU’, Vienna :

‘As a natural saline aperient Hunyadi János incontestably holds a foremost place. In the long series of years during which this agent has been employed throughout the whole world, ample evidence has been forthcoming that its action is excellent and harmless, it never gives rise to disagreeable collateral effects and it is recognised by the most eminent medical authorities to be one of the most valuable agents of our therapeutical treasury’.



‘WIENER MEDIZINISCHE PRESSE’, Vienna :

‘We are constrained to regard Saxlehner’s Hunyadi János as the foremost representative of the natural, saline, mineral waters. Its prompt and certain action and the ease with which its effects can be graduated explain its popularity and the peculiar esteem in which it is held by physicians’.

‘IL MORGAGNI’, Naples :

‘The treatment of intestinal constipation by means of mineral water is incontestably successful.’

‘GAZZETTA MEDICA DI ROMA’ :

‘We have no hesitation in declaring Hunyadi János to be in all cases preferable to other aperient waters of the same class.’

‘GAZZETTA MEDICA LOMBARDA’, Milan :

‘The truly universal reputation which the Hunyadi János water has acquired is certainly not the result of mere advertisement, but is due to the signal benefits which it has conferred upon large numbers of patients.’

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# **SOME EXTRACTS**

## **FROM OPINIONS OF MORE THAN 1000 MEDICAL AUTHORITIES.**

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**EDWARD W. AVERY, M. D.** 16 Hancock Street,  
Brooklyn :

'I have made use of the Hunyadi János and consider it one of the very best laxative mineral waters we have. It deserves to become popular and doubtless will receive the general approbation of the profession.'

**W. B. DE CARMO, M. D.** 56 West 36th Street  
New-York,

*Professor of Surgery at the Post Graduate Hospital :*

'In answer to a personal enquiry I do not hesitate to state that my experience with „Hunyadi János“ has been of the most satisfactory character.

I have used it for many years mostly after operations, and should hesitate to change.' (1896.)

**J. E. CRISFIELD, M. D.** Dansville, N. Y. :

'I have used for the past ten years the Hunyadi János Natural Aperient Water, and regard it as the best laxative mineral water in use.

It is prompt, certain and pleasant in its effect, and is not followed by the uncomfortable feeling usually associated with a cathartic.' (1896.)

JUDSON DALAND, M. D., Philadelphia,  
*University of Pennsylvania :*

'I take great pleasure in stating that I have used this water for eight years with very satisfactory results.'

A. F. A. KING, M. D., Burlington, U. S. A.,  
*Professor Obstetrics etc. in the Columbian University at  
Washington D. C., and in the University of Vermont :*

'I have prescribed the Hunyadi János water for many years and find it to be an excellent laxative in suitable cases.' (1896.)

HERBETH W. Mc. LAUTHLIN, M. D., Denver,  
Colorado, U. S. A.,  
*Professor of Internal Medicine at the University of Colorado :*

'Hunyadi János stands first as a natural aperient water.'  
(1896.)

J. H. LINSLEY, M. M. D., Burlington, U. S. N.-A.,  
*Professor of Pathology and Bacteriology at the University  
of Vermont :*

'I have not been in the active practice of medicine for some years, but when I was practising, I frequently prescribed Hunyadi János Water and was much pleased with its action.' (1896.)

P. M. WISE, M. D., Ogdensburg, State of New-York,  
*Medical Superintendent of the St. Lawrence State Hospital,*  
*Professor of Psychiatry, University of Vermont :*

'I have used the Hunyadi János mineral water in my practice for many years and I am free to say that it is the most agreeable aperient water, having a like efficiency, with which I am acquainted.

'Its uniform and reliable qualities make it the most desirable of any natural aperient which I have ever used.'  
(1896.)

WILLIAM C. WILE, A. M., M. D., LL. D., Danbury,  
Conn., U. S.,

writes in an article on 'Constipation', published in the  
'New England Medical Monthly', No. 7. of July 1896. as  
follows, viz. :

'Endeavor should be made to induce a regular habit of defecation every day. The best time is directly after breakfast.

The use of strong purgatives, for reasons mentioned, should be condemned.

An efficient and easy method of producing an action of the bowels is by the use of some of the natural aperient waters.

Of these the Hunyadi János is the most universally known and used.

The fact that its composition and strength is definitely known, and is always the same, enables the dose to be regulated with accuracy in each case.

Distinct and definite results can be obtained by varying

the dose and time of administration. For the majority of cases half a tumbler full may be deluted with an equal quantity of hot water and drank by sips while dressing. The result will be a copious and easy dejection immediately after breakfast and no further action during the day.

The dose necessary to produce this result having been ascertained, its use may be continued so long as may be required, without any risk of inducing a catarrhal condition of the bowels.

A full dose may be taken every morning for two weeks, then two or three times a week for a like period, when it may be discontinued, to be resumed if occasion requires at any time. The purgative effect of Hunyadi János is the result of a gentle stimulation of the peristaltic movements, and largely to an excito-secretory action which causes an accumulation of fluid in the intestines, which not being easily re-absorbed, causes a copious and easy action of the bowels.

Aside from its purgative action Hunyadi János exerts a beneficial effect upon the stomach. The water taken at the time and in the manner suggested, will stimulate the appetite, increasing the flow of digestive fluids, and in many cases will permit the easy digestion of food which under other circumstances would be impossible or attended with difficulty.'

Miss MAUD A. WICKS, Indianapolis, Indiana,  
*Principal of the Indiana School of Nursing:*

'We use the Hunyadi János with entire satisfaction. I have used it in both private and hospital practice for a

number of years and have found no other aperient that take its place. It is particularly useful in obstetrical practice.'  
(1896.)

**T. J. W. BURGESS, M. D.,** Montreal (Canada),  
*Professor at the University, and Medical Superintendent  
of the Protestant Hospital for the Insane:*

'I have used the 'Hunyadi János' Water to some extent in private practice and have no hesitation in adding my testimony to its value as an agreeable and useful laxative.'  
(1896.)

**EDW. W. HAMMOND, M. D.,** Montreal,  
*Assistant to the Molson Laboratories at the Mc. Gill  
University:*

'I have found 'Hunyadi János' a wonderful medicine, Every morning before breakfast I take a wineglass and feel much better in health since. The many who have tried it praise its wonderful powers.' (1896.)

**THOMAS G. RODDICK, M. D.,** Montreal,  
*Professor of Surgery at the Mc. Gill University:*

'Hunyadi János is without exception the most satisfactory aperient mineral water with which I am acquainted.'  
(1896.)

**ALLAN BAINES, M. D.,** Toronto,  
*Professor of Clinical Medicine at the Trinity Medical College:*

'I have used the Hunyadi János water for many years and will so continue to do if it retains its excellent qualities which I have no doubt it will do. I have found it reliable in every detail, and still think it most efficacious.' (1896.)

D. GILBERT GORDON, M. D., Toronto,  
*Professor of Sanitary Science at the Trinity Medical College:*

'I have found the Hunyadi János Water a most valuable laxative; I order it frequently.' (1896.)

F. LE M. GRASETT, M. D., Toronto,  
*Professor of Clinical Surgery at the Trinity Medical College:*

'Hunyadi János is a most excellent mineral water and most useful in many cases.' (1896.)

CHAS. F. HEEBNER, Ph. G., Ph. M. B., Toronto, Ont.,  
*Lecturer in Materia Medica and Therapeutics in University of Toronto, Dean and Professor at the Ontario College of Pharmacy:*

'After an experience for several years both in the U. S. and in Canada, I am strongly convinced of the efficacy of Hunyadi János Water as a reliable, rapid and mildly acting aperient, which in no manner disturbs the digestive functions or causes intestinal pains.

It is not disagreeable to take, in fact is far more palatable than any other aperient mineral water that I have ever used, and is especially indicated and efficacious in the treatment of habitual constipation in those of sedentary habits, or in the constipation of pregnant women.

I have found it to be most satisfactorily used by athletes during the early part of 'training', when it becomes so necessary to stimulate and regulate the secretion and excretion of the biliary fluids as well as to keep the bowels moving freely and easily.' (1896.)

G. R. MC. DONAGH, M. D., L. R. C. P. Lord, Toronto,  
*Lecturer in Laryngology and Rhinology at the University  
of Toronto :*

‘Of all the aperient mineral waters which I have prescribed Hunyadi János has given the greatest satisfaction.’  
(1896.)

L. MC. FARLANE, M. D., Toronto,  
*Professor of Surgery at the University of Toronto :*

‘I have used the Hunyadi János Water myself and prescribed to my patients. I found it of benefit in certain conditions of the stomach, where a saline water was indicated.’ (1896.)

A. MC. PHEDRAN, M. D., Toronto, Canada,  
*Professor at the University of Toronto :*

‘I am already well acquainted with Hunyadi János and think highly of it.’ (1896.)

E. A. SPILSBURY, M. D., Toronto,  
*Lecturer on Laryngology at the Trinity Medical College :*

‘I have frequently prescribed Hunyadi János water for some years past, and found it the most efficient and agreeable saline aperient in throat and catarrhal diseases where a laxative is required.’ (1896.)



D. CAMPBELL BLACK, Glasgow, M. D., L. R. C. S.  
Edin., F. R. S. Edin., F. F. P., S. G.,  
*Professor of Physiology in Anderson's Coll. Med. School,*  
*lately Sen. Assist. Physician to the Glasgow Royal Infirmary :*

'I have given your Hunyadi János mineral water a fair trial. I am well pleased with it as a mild and efficacious aperient, agreeable to taste. It is in my opinion well suited for morning use, in the constipation of young chlorotic females.'

JOHN BUCHANAN, MD., MR., CS.,  
West Brighton :

'I often prescribe Hunyadi János Water and find that all round it is the best of the Aperient Waters in the market.'

H. DARDENNE, M. D. (Edin.), London :

'I have had occasion to prescribe, at one time or another, all the better known purgative mineral waters, but I long since came to the conclusion that Hunyadi János presented various advantages, and for years past I have prescribed it almost exclusively with every satisfaction.'

H. PERCY DUNN, F. R. C. S., 54 Wimpole Street,  
London, W. :

'In reply to your note, I am obliged for your offer to send me some samples of the Hunyadi János water ; but

the water is thoroughly well known to me, inasmuch for the past fourteen years I have been accustomed to prescribe it for my patients, and I may add that in all cases it has given great satisfaction. As a trustworthy saline aperient, of uniform efficacy, I know of nothing to equal it.'

W. C. GRIGG, M. D. London,

*Physician to Queen Charlotte's Lying-in Hospital,*  
writes in an article about 'The more frequent complications in Childbed, their diagnosis and Treatment' published in the 'Nursing Notes' of Feb. 1st 1896 as follows, viz.:

' . . . . I may here remark that the presence in the motions of hard lumps is an indication of a tendency to constipation, and in such cases the ordinary enema does not suffice, an aperient must be given.

The aperient most commonly resorted to in childbed is castor-oil. It is doubtless efficient enough, but it has the drawback of exciting extreme repugnance on the part of a very large proportion of lying-in women and should never be given with piles. Personally I prefer a natural mineral water such as the Hunyady János. I have found it superior to many others, and I have given most of them a turn. You should give about a wineglass full with equal parts of water, preferably on an empty stomach, and repeat it every three or four hours until the bowels act freely. It is a mistake to suppose mineral waters cannot be given in childbirth, they act beneficially on the mother, and the infant does not suffer.'

B. H. MUMBY, M. D., D. P. H., M. O. H., and  
Public Analyst, Portsmouth :

'After almost twenty years' experience of the Hunyadi János water I can confidently assert that it has no superior as a purgative water in suitable cases. It acts with little or no griping, and having relieved the bowels its action is over, if given in proper doses. For patients with torpid livers or sluggish action of the intestines a wineglassful of Hunyadi János water taken fasting an hour before breakfast acts like a charm, freeing them from the depression and discomfort from which they suffer.

'On two occasions I have visited the sources of this valuable water near Buda-Pesth at an interval of seven years, and at each visit I found that every care was taken to prevent any contamination of the water, and the greatest cleanliness was observed in all the processes of bottling.'

L. P. MUMBY, M. D., D. P. H., &C.,  
*Surgeon-Captain H. M. S. 'Umballa.'*

[Extract from article on 'Purgatives in India.']

'Constipation of the bowels should be specially guarded against in tropical and subtropical countries. This condition by allowing the effete products of digestion to remain in the body, lowers the whole system. This is very undesirable where the climate itself exerts an enervating influence ; this lowering of the tone also produces in particular a susceptibility to gastro-intestinal diseases, which in these hot climates

are so rife. The habit may be induced through indolence and inattention, or it may be caused by want of leisure in the mornings, owing to business or various duties. It should not be allowed to continue unchecked, and indeed most people are in the habit of taking aperient medicines in some form or other. A certain amount of caution is necessary and mild laxatives are indicated. On the whole nothing answers so well as a natural aperient water. The active ingredients are so happily proportioned and combined that it is practically impossible to compound the same result in the laboratory. Personally I invariably prescribe Hunyadi János water, which is readily obtainable. The dose is constant and does not require increasing from time to time. Moreover, it secures an efficient and easy evacuation of the bowels, without leaving behind it any tendency to persistent looseness.'

WILLIAM MURRELL, M. D., F. R. C. P.,  
*Lecturer on Pharmacology and Therapeutics at Westminster  
Hospital,*

writes in 'The Medical Press and Circular' of January 8th 1896, in an article 'The Pharmacological Action of Purgatives', as follows :

'There is no doubt that the effect exerted by Bitter-waters on the stomach is beneficial quite apart from the purgative action, and it is a common experience that patients whose breakfast ordinarily consists of a cup of tea and a piece of dry toast find that they can eat a good meal and

digest it after a glass of Hunyadi János water sipped whilst dressing.'

'The mode of employment of an aperient water materially influences its action. In the case of Hunyadi János water, the member of this group which I most commonly prescribe, I direct the patient to dilute half a tumblerful with an equal quantity of boiling water, and to sip it slowly whilst dressing in the morning. The result is that there is one copious and easy evacuation immediately after breakfast, and no further trouble during the day. The dose can be regulated to a nicety, and it can be taken day after day and month after month without the slightest risk of exciting a catarrhal condition of the intestines.'

LESLIE OGILVIE, M. D., B. Sc., M. B. Edin., M. R. C. P. Lond., writes as follows in an article entitled 'Further Note on the Treatment of the Tapeworm,' in 'Lancet,' June 20, 1896:

'The aperient which suited best in this case was Hunyadi János, which my patient took for about a week with excellent results and no discomfort.'

JOHN MACPHERSON, M. D. London,  
*Inspector General of Hospitals, Author of 'Baths and Wells  
of Europe'*

writes in the London Medical Record as follows:

'The Hunyadi János water is mild, and of a comparatively pleasant taste, acts rapidly, and usually almost without any griping.'

All the first physicians of Germany have made extensive trial of the Hunyadi János, and have declared that it is the most certain and the most comfortable in its action of all the aperient waters. The special indications for its use are, in costiveness, especially in that of pregnancy, in portal congestion with tendency to haemorrhoids, and in sluggish action of the liver.

A half or a full wine-glassful of the Hunyadi János water taken at bedtime produces a couple of soft motions next morning. One or two wine-glassfuls taken in the morning fasting produce four or five motions, at first soft, afterwards watery. It is most efficacious when taken at a temperature not below 60° F.

It is very evident that this convenient and sure purgative, of whose action it is so easy to limit the extent, is a very valuable addition to our remedies ; such a medicine may come into play in the treatment of almost any affection.'

TH. D. SAVILL, M. D., M. R. C. P., London, writes as follows :

'Rich in laxative salts, Hunyadi János is the saline laxative water most suitable for the treatment of habitual constipation, plethora, liver diseases, dyspepsia &c. It is prompt and certain in its action, and does not leave behind it a torpid condition of the alimentary tract.'

CHARLES HY. WADE, M. A. oxon., L. R. C. P.  
Torquay, England :

'In the frequent cases for which I have prescribed Hunyadi János water I have always been much impressed

with the satisfactory and uniform efficacy of its aperient action; and especially with the excellent results obtained by its means in persons of a bilious temperament.'

DAVID WALSH, M. D., C. M. Edin., Physician to the Western Skin Hospital, London, writes :

'I have found Hunyadi János to answer every purpose, and I invariably prescribe it, partly because it can be obtained anywhere and everywhere, partly because of its uniform action, and last, not least, because it is preferred by my patients.'

EDW. GEO. YOUNGER, M. D., M. R. C. P.  
19 Mecklenburgh Square, London, W. C. :

'I have for years employed Hunyadi János in cases calling for the administration of an aperient mineral water, and always with uniformly satisfactory results. Speaking with considerable experience, I give it the preference over any other.'

H. P. DIMMOCK, M. D. Bombay,  
*Professor of Midwifery at Grant Medical College. :*

'I consider Hunyadi János an excellent saline water, and have found it very useful in tropical congestive diseases.'

Professor L. GEBHARDT, Buda-Pesth,  
*Professor at the Royal University and Head Officer of the Department for the Sanitary Service. :*

'In addition to its prompt and safe effects the Hunyadi János water has the advantage of being brought into the

market in uniform specific gravity owing to the excellent system of filling; the mineral constituents are always in the same proportion, and a safe basis is thus ensured for prescribing. This is a fact of the utmost importance and value in bitter waters.

‘The arrangements of the establishment are so perfect and the qualities of this natural mineral water of so great a value as to fully justify the occupation of the prominent place which has been granted to it by medical authorities at home and abroad.’

Professor KÉTLI, Budapest :

‘I can most strongly recommend the Hunyadi János Bitterwater as a reliable, mildly acting aperient.’

Professor KORÁNYI, Budapest :

‘This water has invariably given excellent results’.

Professor GRUBER, of Vienna :

‘I have been perfectly satisfied with its effects’.

Professor KAPOSÍ, of Vienna :

‘I have used it for years, and I have always been pleased with its sure and agreeable effect.’

Professor Baron von KRAFFT-EBING, of Vienna :

‘In cases where aperient waters are indicated I have for the last ten years prescribed Hunyadi János almost exclusively, and always with the most satisfactory results.’



Professor MEYNERT, Vienna,  
*Professor of Psychiatry, Imp. University:*

'I know the Hunyadi János Bitter water to be prompt and reliable in its action.'

Professor VON MOSETIG-MOORHOF, Vienna,  
*Prof. of Surgery, Imp. University:*

'I have employed the Hunyadi János Bitter Water in cases of obstinate constipation, with excellent and immediate effect.'

Professor STOERK, Vienna,  
*Professor of Laryngology, Imp. University:*

'Saxlehner's Hunyadi János Bitter Water is known to me as a very reliable aperient.'

Professor URBANTSCHITSGH, Vienna,  
*Professor of the General Polyklinik, Diseases of the Ear:*

'Amongst the various aperients, I give the preference to Hunyadi János.'

Professor Baron von ROKITANSKY, of Innsbruck:

'I very frequently prescribe Hunyadi János water and am fully satisfied with its results.'

Professor von BUHL, of Munich:

'Among the aperient waters Hunyadi János unquestionably stands first. It acts promptly and surely, without causing any discomfort.'

Professor HERMANN COHN, Breslau,  
*Professor in Diseases of the Eye at the University :*

'It is my practice to give a dose of Hunyadi János every morning to patients at my Ophtalmic Hospital who have undergone an operation.'

Professor FRIEDREICH, of Heidelberg :

'This water gives very satisfactory results. It leaves nothing to be desired in respect of the certainty and the ease of its effects.'

Professor HIRT, Breslau,  
*Professor in Mental Diseases at the University :*

'I have employed Saxlehner's Hunyadi János Water with excellent results in numerous cases of disease of the nervous system complicated by disturbances of the alimentary tract, especially obstinate constipation.'

Professor KLEBS, Karlsruhe :

'Hunyadi János exerts a most satisfactory and reliable effect. It has even been taken by phthisical patients without giving rise to diarrhoea, a complication so much dreaded in this category of diseases.'

Professor PELMAN, Bonn,  
*Professor of Psychiatry at the University :*

'For many years past Hunyadi János has been exclusively and constantly employed at the Bonn Asylum for the Insane and this fact furnishes the best evidence of the advantages attending its use'.

Professor B. S. SCHULTZE, Jena :

'I have prescribed Hunyadi János for many years past and I prefer it to all other bitter waters.'

Professor SPIEGELBERG, of Breslau :

'I do not know of any aperient water which produces as prompt and as certain effects, or which is as well borne by patients who constantly use it, as Hunyadi János.'

Professor WUNDERLICH, of Leipzig :

'Hunyadi János water constitutes an essentially efficacious aperient, which is taken without difficulty and is devoid of injurious effects on the stomach. Its effects moreover, can be regulated to a nicety.'

Professor CORDÉS, of Geneva :

'A medicine very efficacious, and at the same time less disagreeable to take than other aperient waters. . . . It is greatly valued by women suffering from uterine disorders associated with constipation, and children take it without any difficulty. It produces its effects without any discomfort.'

Professor M. DUFOUR, Lausanne :

*Professor in Diseases of the Eye at the University :*

'The Hunyadi János Water is very frequently prescribed in the Institute for the Blind and at the Ophthalmic Hospital.

In the Institute for the Blind it is employed to combat constipation and acute gastric catarrh in the younger

patients. In the Eye Hospital we prescribe it in congestion and inflammation of the choroid and cloudiness of the vitreous caused by sedentary occupation or by the sudden arrest of hemorrhoidal or menstrual discharge. In all cases its effects have given the greatest satisfaction.'

Professor EICHHORST, of Zurich :

'I have used Hunyadi János very extensively, and I have invariably been satisfied with the certainty of its effects, which moreover do not entail any discomfort'

Professor G. HUGUENIN, Zurich :

'I employ the Hunyadi János Water with the best possible results and I have no hesitation in describing it as the best and most efficacious of all the Bitter Waters I am acquainted with.'

Professor IMMERMANN, Basle,

*Professor of Internal Medicine at the University :*

'An extremely effectual and reliable aperient. Never gives rise to undesirable symptoms even if used continuously for years.'

Professor HERTZ, Amsterdam,

*Professor of Clinical Medicine at the University :*

'I have satisfied myself as to the superiority of the Hunyadi János Water and I give it the preference over all others.'

Professor S. S. ROSENSTEIN, Leyden,  
*Professor of Clinical Medicine at the University :*

'Hunyadi János is generally admitted to be an exceedingly efficacious Bitter Water.'

Professor SNELLEN, of Utrecht :

'Its excellence is its own recommendation. Hunyadi János is a well-known and highly esteemed household medicine with us.'

Professor B. J. STOKVIS, Amsterdam,  
*Prof. at the University :*

'Hunyadi János water has proved to be a most excellent Bitter Water.'

Professor Dr. VANLAIR, Liege,  
*Professor of Clinical Medicine at the University :*

'My experience has invariably been that Hunyadi János acts promptly and surely.'

Dr. LEOPOLD SERVAIS, Antwerp,  
*Hon. Professor of the Medical College, Philadelphia U. S. :*

'I have employed Saxlehner's Hunyadi János with unvarying success whenever an aperient or an alterative was indicated'

Professor FAUVEL, Paris :

'I employ Hunyadi János Bitter Water with the best results in cases of congestion and catarrh of the mucous membrane of throat and larynx'

.

Dr. PAUL LABARTHE, Paris :

'Its constant use does not fatigue the stomach nor does it determine constipation — a result often produced by similar waters.'

Dr. E. MONIN, Paris :

'Its action, though rapid and certain, is gentle and well adjusted, never causing colic or criping. It is comparatively free from unpleasant taste, does not upset the stomach and never produces exhaustion. It regulates and does not impair the intestinal functions. It is the laxative *par excellence* when we have to combat constipation and visceral congestion, especially valued by those addicted to sedentary and intellectual occupations whose vital functions it stimulates and regulates.'

Professor PICOT, Bordeaux,

*Professor of Clinical Medicine at the University :*

'Hunyadi János is indisputably the best of the saline aperients and laxatives ; it is admirably tolerated by the stomach, it acts without giving rise to colic or intestinal irritation and it therefore fully deserves its universal popularity.'

Professor SEUX FILS, Marseilles :

'Hunyadi János is an agreeable and safe aperient, which may advantageously be given to persons whose digestive tract requires attention. If administered methodically in small quantities for some time it cures obstinate consti-

pation, assists the functions of the liver and relieves the portal circulation. It is therefore indicated in jaundice, hepatic colic, gout and dropsy. We may add that it is a valuable curative agent in catarrh of the stomach and intestines. In short, its action is prompt and reliable, without colic, a free evacuation following within two or three hours.'

A. W. GILCHRIST, M. D. (Paris) M. R. C. S.  
Eng. &c. (of Nice):

'It is the most frequently employed of the purgative salines, not without just cause. As an alkaline water, it is of great service in affections of the alimentary canal, combating as it does, the acidity resulting, from fermentations associated with imperfect digestion an acidity which favours the absorption of tonic products.'

Senator Professor LOR. BRUNO, Turin,  
*Professor of Surgery, Physician to H. M. the King and  
Royal family:*

'I consider Hunyadi János Water to be one of the safest and most agreeable of purgatives. It well deserves the confidence which physicians and patients place in it.'

Professor A. CARDARELLI, Naples,  
*Professor of Clinical Medicine at the University:*

'I have had an extensive experience of the Hunyadi János Bitter Water and can conscientiously confirm its great efficacy, its usefulness as an aperient, and its harmlessness even if employed for a long period of time.'

Professor LOMBROSO, of Turin :

'I have frequently employed it with success in !ipæmia associated with hepatic congestion.'

Senator Professor PAUL MANTEGAZZA, Florence :

'Hunyadi János is certainly the best aperient Water seeing that a dose of from one half to a glassful secures an immediate and painless evacuation. Virchow described it as 'most valuable' and the foremost clinical Physicians of Germany have employed it with the greatest success.'

Professor ED. MARAGLIANO, Genoa :

*Professor of Clinical Medicine at the University :*

'Its richness in mineral constituents renders Hunyadi János Water valuable in many diseases of the stomach and intestines.'

Pure, or diluted with hot water (wich is often preferable) and in doses adapted to the individual case, it is of greatest service. A tumblerful, diluted with a pint o hot water is very effectual in the common and troublesome cases of dyspepsia associated with dilatation of the stomach.'

Professor G. MADRUZZA, Perugia :

*Professor of Obstetrics etc., at the University :*

'For a long time past I have employed Hunyadi János Water, and regard its as the most convenient and efficient purgative, well adapted for use during pregnancy and after labour.'



Senator Professor SEMMOLA, Naples,  
*Professor in Therapeutics and Materia Medica at the  
University:*

'In addition to its active and immediate purgative action, the Hunyadi János Water possesses the advantage of being easily administered. It is well borne even by the weakest stomach without producing the slightest nausea or discomfort. Moreover there is not the consecutive and increasing tendency to constipation, which so frequently follows the use of other powerful laxatives, a fact already commented upon by many physicians.'

Dr. FERD. SCIARRA, Rome,  
*Physician to H. S. the Pape Leo XIII.:*

'Having made use of the Hunyadi János Water for years, I can affirm that it is one of the best aperient Waters.'

Professor DE BOTKIN, of St. Petersburg:

'I, in my turn, have become convinced of the efficacy of this water, a quality which has been testified to by other doctors'

Professor Dr. K. VON SLAWJANSKY St. Petersburg,  
*Prof. in Diseases of the Woman, Medical Academy:*

'For many years I have been in the habit of prescribing Hunyadi János Bitter Water in divided doses and always with success, in cases of habitual constipation, from which our gynaecological patients so frequently suffer, and I have never had occasion to observe any untoward effects due to its use.'

Professor TSCHERINOW, Moscow,

*Professor of Clinical Medicine at the University:*

'Hunyadi János is one of the best aperient especially in chronic constipation.'

Professor D. LAMBL, Warsaw :

*Professor of Clinical Medicine at the University :*

'Hunyadi János Bitter Water, besides being an excellent general aperient, has proved specially efficacious in the treatment of chronic constipation, venous obstruction and congestion, hemorrhoidal affection and obesity.'

Professor VIRGIL MACHADO, Lisbon,

*Professor at the University :*

'On account of the composition and uniformity of strength of the Hunyadi Janos Water, I consider it to be one of the best of the milder saline aperients and I am therefore ordering it in cases where an internal derivative appears to be indicated.

In numerous cases of catarrhal jaundice and of hypertrophied liver I have obtained excellent results from this remedy when taken in the morning for several consecutive days, in doses of about half a tumblerful.

Hunyadi János Water has a less disagreeable taste than most other Bitter Waters, its is better supported by the stomach ; it never causes the colic which so frequently follows the use of other aperients, and is therefore taken by patients without the least objection.'

Professor BARTOLOMÉ ROBERT, Barcelona :

'Hunyadi János water is an excellent aperient by reason of the certainty of its effects and its ready tolerance by the stomach. Among its many applications it is specially indicated in chronic gastric catarrh and in the various hepatic affections in which it is desired to stimulate the secretion of bile'.

Professor ABDON SANCHEZ HERRERO, Madrid,  
*Professor at the University :*

'I have employed Hunyadi János Bitter Water for patients suffering from obstinate constipation of dyspeptic, hysterical or neurasthenic origin, and the results have always been most satisfactory.

It also appears to exert a depletory action on the nervous system, I consider therefore that it ought to occupy a foremost place amongst depurative remedies.'

Professor GEORGIOS MACCAS, Athens,  
*Professor at the University :*

'For many years past I have employed Hunyadi János as a reliable laxative devoid of all disagreeable after effects, I give it the preference over all other purgative waters on account of its sure but mild action. This water has long been known in Greece as a household medicine.'

Professor HENSCHEN, Upsala :

'For many years past I have made a practice of prescribing Hunyadi János water in all cases of constipation

and intestinal disturbance. This water has a prompt and certain action, and it is readily assimilated by the stomach even when used for long periods of time'.

Professor E. SCHÖNBERG, Christiania,  
*Professor of Obstetrics etc. at the University :*

'According to my experience, Hunyadi János water is a very appropriate aperient. Its taste is less disagreeable than that of other laxatives and it is therefore more readily taken. I generally give it the preference over all remedies in cases where a mild and reliable laxative is required.'

Prof. ANISIO CIRCUNDES DE CARVALHO, Bahia :

'In the numerous cases in my practice in which I have prescribed the Hunyadi János Mineral Water, I have invariably obtained excellent results, especially in the gastric disturbancy and visceral congestion, so frequently associated with the arthritic dyscrasia.

The Hunyadi János Mineral Water is, in my opinion, an excellent dialytic, free from the drawbacks attending the use of certain cathartics. It is moreover readily tolerated by the stomach.'

Professor JOÃO TILLEMONT FONTES, Bahia :

'For many years I have recommended Hunyadi János Water to my patients and I can testify to its value and efficacy. In gastro-hepatic troubles associated with chronic venous stasis, abdominal plethora and hepatic congestion,

the use of this mild laxative effectually overcomes the circulatory disturbance and facilitates the elimination of the toxic products of protoplasmic desintegration which have accumulated in consequence of the imperfect action of the liver cells.

Hunyadi János Water can also be recommended in cases of nervous breakdown and melancholic delirium. The methodical evacuation of the bowels determined by the use of Hunyadi János Water, free from the violent irritation not unfrequently entailed by drastic purgatives, is a sure guarantee of the regular and synergetic maintenance of metabolic activity.'

'I have been using the Hunyadi János Water for a long time, and here we unhesitatingly prefer it to all other purgative waters.'

Prof. CARLOS DE VACONCELLOS, S. Paulo, (Brazil):

'Since 1882 I have been using the Hunyadi János Water, which may be relied upon to produce an immediate effect whenever the Physician requires to prescribe a mild purgative, or when catarrh of the alimentary tract hinders the action of other remedies. My experience enables me to state that it constitutes one of the best remedies for gastro-hepatic troubles and is specially adapted for women. It is also excellent for infants, who take it readily enough.'

Professor J. M. ASTIGUETA, Buenos Ayres:

'I willingly give my personal opinion of the merits of *the Hunyadi János Water*: I have found it very useful in

regulating the digestive functions; it acts as a mild and gentle laxative, never producing nausea, nor leaving behind it exhaustion or prostration. These qualities, valued alike by physician and patient, account for the frequency with which recourse is had to it'

Professor ROBERTO WERNICKE, Buenos Ayres :

'Hunyadi János Water has been in the past and is still for myself, my family and my patients, the favourite purgative Water; and my experience of the others which I have used has not led me to change the opinion I had formed viz : That it is the best of its class.'

Professor DANIEL PALACIOS, San Salvador :

'I have been enabled to observe in my patients the prompt and certain effects of the Hunyadi János Mineral Water, particularly in delicate women, in combating anaemia, loss of appetite and constipation. Half a tumbler of this admirable natural water, taken before breakfast, effectually relieves these symptoms and the patients recover health, strength and spirits.'

Professor JOAQUIN AGUIRRE, Santiago de Chili :

'Of the saline purgatives Hunyadi János is undoubtedly the best and the mildest in its effects, and for this reason I always recommend it.'

Professor VICTOR KÖRNER, Santiago de Chili :

'For many years I have made extensive use of Hunyadi János in my practice and I have always been satisfied with its sure and agreeable effects in regulating the action of the bowels.'

Prof. S. VAAMONDE BLESBOIS, Caracas (Venezuela):

'For many years past we have daily prescribed Hunyadi János Water and always with excellent results. This fact need not excite surprise, for it is well known that the liver complaints and gastro-intestinal affections in which it usually indicated, are rife in the tropics.'

Prof. MARTIN LUIS RAZETTI, Caracas, (Venezuela):

'I have invariably employed Hunyadi János Water as a purgative in pernicious malarial fevers'

Professor ANTONIO PEREZ ROCA, Lima (Peru):

'Judging from the results, I regard Hunyadi János Water as superior to the other purgative mineral Waters, not so much on account of its reliability, as because of its comparatively agreeable taste and speedy action. It is a therapeutic agent of great value.'

Professor GABRIEL CASUSO, Habana :

'I have much pleasure in testifying to the fact that I have frequently used Hunyadi János Water as a mild laxative in chronic constipation.'

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Professor JOSÉ PUGNALIN, Montevideo, (Uruguay) :

‘For years past I have recommended patients suffering from various affections to make use of the celebrated Hunyadi János Water, as an excellent purgative which is easy and comparatively agreeable to take.’

Professor M. S. MONTENEGRO, Guatemala :

‘Having had an opportunity of observing the efficacy of the Hunyadi János Water in certain diseases of the stomach — especially those which run a chronic course, I can only congratulate you on having discovered such an efficient and reliable remedy.’





# HUNYADI JÁNOS

Natural Aperient Mineral Water.

*25 years' Success in the U. S.*

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## IMPORTANT NOTICE:

The only proofs of the genuineness of the Hunyadi János Mineral Water are the name „Hunyadi János“ on the label and capsule, and the name of „Andreas Saxlehner“ on the label and cork.

Any additional labels which may be put on the bottles by dealers, for whatever private purpose, have no bearing on the genuineness of the Hunyadi János Natural Mineral Water.

**Andreas Saxlehner, Budapest**

By special Appointment

to H. M. the Emperor of Austria and King of Hungary.

# EXTRACTS

FROM AN ARTICLE

“HUNYADI JÁNOS WATER”

PUBLISHED BY

“THE LANCET SPECIAL ANALYTICAL COMMISSION  
ON NATURAL MINERAL WATERS”

IN

“THE LANCET”, LONDON,

OF DECEMBER 5<sup>th</sup>, 1896.



***‘Hunyadi János’.***  
— *‘The prototype of all  
bitter waters.’*  
***(The Lancet.)***

‘An opportunity has recently occurred to one of our Commissioners whilst on a visit to several of the largest cities on the continent of inspecting one of the most extensive and most widely known establishments where an unlimited supply of natural bitter purgative water of the sulphate class occurs, and the occasion is one which may be taken advantage of in presenting our readers with what we venture to think should prove an interesting account of the processes he witnessed there. The establishment referred to is that belonging to Mrs. Saxlehner and founded by her husband (the late Andreas Saxlehner) in 1863.

It is from the Saxlehner springs that ‘Hunyadi János’ water is derived, the prototype of all bitter waters and especially distinguished by that name. Parenthetically it may be stated that the name ‘Hunyadi János’ in no wise relates to the district; it is the name of a Hungarian celebrity, John Hunyadi, who flourished in the fifteenth century, and after whom the water was called by its discoverer. The valley in which the Saxlehner springs are situated is known as the ‘Örsöd’ valley, which is located a few miles south from Budapest on the right bank of the Danube. The property comprises some 280 acres, of which 120 are employed for obtaining Hunyadi János water, and entirely occupies the

valley, which is bounded by a series of picturesque hills which may be regarded as remote branches of more rugged mountains beyond.'

\*

'The wells are shallow and in the majority of cases not more than eight metres deep, the surface of the water when the well is full being within two metres of the ground surface. Special precautions are therefore taken to prevent contaminations with surface drainage, and to this end the well is lined with strong cement about two metres deep. At the bottom is impenetrable clay. Not only are strict precautions taken against the ingress of surface water, rain, and so on, but on no account is human refuse or dejecta of any kind allowed to be disposed of on any single portion of the property. Human excreta is carried away and disposed of in Budapest in an approved way, and even the dejecta of horses is carefully excluded from the vicinity of the wells. These precautions are admirable, and the same spirit of carrying out what in the interests of sanitation and of the purity of the water is imperatively demanded obtains also in every other matter.'

\*

'All the wells yielding the Hunyadi János Water come under the control of the head office of the first district of Budapest, which is sub-

ject to the authority of the Ministry of the Interior, who have the entire administration of affairs in Hungary over the whole of the mineral waters, springs, and health resorts in the country.'

\*

'The most satisfactory way of establishing the honesty of a natural water is undoubtedly to secure specimens on the spot and to make independent analyses of them and to compare the results with samples obtained in the ordinary way on the market. If the results coincide there can remain no doubt that the water offered for sale is precisely the same as that drawn from the fountain head. Our Commissioner having obtained the permission of the proprietors, which was freely given, to select samples whenever and whenever he chose and from any single well out of the hundred on the property, or of specimens in the filling apparatus, proceeded to do so, the samples being subsequently sealed and sent to The Lancet Laboratory for complete analysis. At the same time some dozen samples of the water were purchased in various parts of London for analysis also, with the view of contrasting the results.

In order to make the search for rare constituents as thorough as possible no less than 25 litres of the water direct from the filling apparatus, and showing a density of 1036, was evaporated carefully down to dryness in a shal-

low copper vessel. This operation was conducted at the spring, and a clear crystalline residue was obtained, which was found to weigh nearly 1000 grammes (more correctly, 917·81 grammes), or 2lb. 0 $\frac{3}{8}$  oz. This amounts to 36·71 parts of salts in 1000 parts of the water, an amount which almost exactly coincides with that obtained by Liebig. Considering that probably Liebig operated on a comparatively small volume of the water, and that in the experiment just described no less than 25 litres, or 44 pints, or 5 $\frac{1}{2}$  gallons were employed, the results are remarkably close and testify to the uniformity of composition of Hunyadi János water. The percentage composition of the salts so obtained was ascertained by analysis to be as follows:

Magnesium sulphate	44·68	per cent.
Sodium sulphate . .	47·21	"
Sodium chloride . .	4·11	"
Sodium carbonate . .	1·72	"
Calcium carbonate . .	2·20	"
Lithium chloride . .	0·08	"
	<hr/> 100·00	"

A search for rare constituents in addition to lithia, like caesium and rubidium, was attended with negative results. The lithium was perfectly distinct and was readily isolated in the form of chloride. It amounted to exactly two grains of lithia chloride per gallon. There was, however, no difficulty in recognising lithia in *the whole of the samples examined* — that is

to say, both in those obtained at the springs and in those purchased.'

\*

'Finally, the water was examined with a view to determining whether it contained organic matter in any form. In the first place it should be stated that even when twenty-five litres was evaporated to dryness and heated there was practically no sign of discolouration or charring.... There is thus no evidence whatever of objectionable contamination nor of any organic impurity. This abundantly shows that the admirable sanitary precautions taken at the springs and in their immediate neighbourhood are not taken in vain.'

\*

'The presence of lithium, however, is interesting in indicating the genuineness of the water as one from a natural source. It was found in every sample examined, including those obtained at the spring.'

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'A consideration of the foregoing results renders the chemistry of Hunyadi János water quite clear, and therefore its therapeutic efficacy can be adjudged to a degree; and since its composition is constant its medicinal effect will not be variable. Further, they establish the important conclusion that the water delivered in London is identical with the natural water ob-



tained from the wells near Budapest. Considerable attention has recently been given to the question of the respective merits of an excess of sodium sulphate or magnesium sulphate in naturally occurring bitter waters. Some have stated that those waters act most pleasantly in which the magnesium preponderates over the sodium sulphate, since it has been maintained that where the sodium is in excess of the magnesium sulphate the purgative action of the water is too drastic, an effect which may lead to disturbed digestive function and in course of time to debility. On the other hand, some have advanced arguments in favour of a moderate excess of sodium salt on the ground that its action is more prompt and certain. Sulphate of sodium is generally regarded as a more powerful purgative than sulphate of magnesium, which is described as a mild, painless, non-nauseating purgative, and less rapid in its action than sodium salt. Whichever argument obtains, however, matters but little in the case of Hunyadi János water, since both the salts occur in practically equal quantities, and doubtless this fact tends to produce a modifying and beneficial effect of both constituents. There can be little doubt that the presence of other salts, such as chloride of sodium, and carbonate of sodium, in Hunyadi János water has also a *modifying and favourable influence.*





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1. The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes that this is crucial for ensuring transparency and accountability in the organization's operations. The text also mentions that proper record-keeping is essential for identifying trends and making informed decisions.

2. The second part of the document outlines the various methods and tools used to collect and analyze data. It describes how different types of data are gathered and how they are processed to extract meaningful insights. The text highlights the importance of using reliable and validated methods to ensure the accuracy of the results.

3. The third part of the document focuses on the interpretation and application of the findings. It discusses how the data is used to identify key areas of concern and to develop strategies to address them. The text also mentions that the findings are used to inform policy-making and to guide the organization's overall direction.

4. The fourth part of the document provides a summary of the key findings and conclusions. It reiterates the importance of maintaining accurate records and the need for continuous monitoring and evaluation. The text also mentions that the findings are used to inform the organization's strategic planning and to guide its future actions.



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